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| Branch of Service | Location & Contact |
| Family Assistance Centers (National Guard, & any branch of service | Family Assistance Coordinator, Crowley Armory, 140 Standard Mill Rd., Crowley, LA 70562. 337-962-5082.Coordinator: (337) 593-2044 |
| Air Force | Barksdale Air Force Base, 801 Kenney Ave., Ste 1400, Barksdale AFB, LA 71110. Airman and Family Readiness Center EFMP: (318) 456-6567, (318) 456-6555; SLO: 318-456-8400 |
| Air Force Reserve | 307th Bomb Wing, c/o Barksdale Air Force Base, 801 Kenney Ave., Ste 1400, Barksdale AFB, LA 71110. Airman and Family Readiness Center EFMP: (318) 456-6567, (318) 456-6555; SLO: 318-456-8400 |
| Air Force Recruiting | Recruiter families receive EFMP services at their nearest AF installation. |
| Army | Fort Polk, 7033 Magnolia Dr., Bldg. 4919, Fort Polk, LA 71459. 337-531- 2011. EFMP Family Support, 1591 Bell Richard Avenue, Bldg 920, Attn: ACS/EFMP, Fort Polk, LA. Family Center: (337)531-1941, EFMP: (337) 531-3046, (337) 531-3831SLO: 6880 Radio Rd., Bldg 400, Ft. Polk, LA 71459. 337-531-6673. |
| Army Reserve | Fort Family (national) 844-663-3269 |
| Army Recruiting | Commander, U.S. Army Recruiting Battalion Baton Rouge, ATTN: SFA (Soldier & Family Assistance), 10101 Park Rowe Avenue, Suite 575, Baton Rouge, LA 70810. 225-767-3079 |
| Coast Guard | HSWL RP DET New Orleans, 1790 Saturn Blvd, Admin Bldg 1, New Orleans LA 70129. 504-253-4708 (NOLA), 504-253-4705 (rest of Louisiana).  |
| Marine Corps | N/A |
| Marine Corps Reserves | c/o NAS Joint Reserve Base New Orleans. c/o: EFMP - Family Support, Fleet and Family Support Center, 10651 E Street, Building H-100 5th Deck, NASCC, TX 78419. 361-961-0688 |
| Marine Corps Recruiting | Marine Corps Recruiting District Parris Island, 283 Blvd De France, Parris Island, SC 29905. EFMP Parris Island: 843-228-7752 |
| Navy | N/A |
| Navy Reserves | NAS Joint Reserve Base New Orleans: 504-678-7569. c/o: EFMP - Family Support, Fleet and Family Support Center, 10651 E Street, Building H-100 5th Deck, NASCC, TX 78419. 361-961-0688. SLO 504-210-7338 |
| Navy Recruiting | Navy Recruiting families receive EFM services at the nearest Navy installation. They have an assigned EFM Navigator who they can contact through NAFSA. Further assistance: 1-866-827-5672 |